



THE ABSENTEE SHAWNEE NEWS

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August 2022

ASTHS Executive Director Steps Down



Left Photo L-R: AST Lt. Governor Ezra DeLodge; AST Governor John Johnson; AST Health Board Member Max Tuhsuda; AST Health Board Vice-Chairwoman Michelle Rapp; AST Health Program Executive Director Mark Rogers; AST Treasurer Joseph Blanchard; AST Health Board Chairman Dr. Lancer Stephens. Right Photo: Mark Rogers and Interim Executive Director Dara Thorpe pose with the painting and star quilt he received from Health staff at his last ASTHS Town Hall Meeting.

Mark Rogers, Absentee Shawnee Tribe Health System Executive Director is leaving after nine years. The Little Axe Health Clinic honored him with a reception on July 11.

He was hired November 2013 and has been responsible for much of the growth the AST health system has seen. Under his leadership the health system has increased the number of providers, services, buildings and patients. He has overseen the expansion projects coming up including a new Shawnee clinic.

Dr. Lancer Stephens was on the health board in 2013 when Rogers was hired.

“Mark has been a great resource and

leader for the AST health system during his tenure. As I look back at where we were and where we are today, I am truly amazed. The dramatic increase in services that are offered to the tribe is something that is not often seen in health care and Mark was the biggest advocate every step of the way. The future for the tribe and its health system is indeed very bright and Mark, as well as the entire Health System, should be congratulated for a job well done. We are all saddened that he is leaving, but thank him for his time, friendship and memories. The health system will continue on the path of progression, but we truly have some big

shoes to fill.” said Stephens. “His vision and professionalism was instrumental in making the AST health system what it is today and what it will become.”

On his time here, Rogers said, “It has been both an honor and a privilege working for the AST Tribe and the Tribal Health System! I grew up in Indian Country and have always had a passion for healthcare and caring for people. When I came here, it wasn’t just for a job, it was to make a difference in people’s lives – and look how far we all have come now!” We started in 2013 with 68 employees, a very limited (and overworked) professional staff, limited

hours of operation, and two clinics with 3 buildings. Today, we now have 350 employees, 122 full-time providers, operating 7 days a week with extended evening service hours, and 8 buildings (soon to be 10 – the PPE Warehouse and a new Shawnee Clinic)! We are now the 7th largest ITU in the OKC Area Office’s Area out of 42 programs, closing in on being the 5th largest – not too shabby – and a job well-done by all!”

The Absentee Shawnee Tribe wishes Rogers all the best of luck in his new endeavors.

Thunderbird Casino Anniversary Powwow Held July 2nd & 3rd



GOVERNOR'S REPORT

John Johnson, AST Governor



GOVERNOR
John Johnson

Hello fellow tribal members,

It is hard to believe in the next few weeks the kids will be going back to school and summer will be coming to an end. But I have a feeling we will be dealing with this warm weather for a while. I hope everyone is staying hydrated and staying cool when possible.

We had a very busy first weekend in July. First on the list was Friday July 1st, the EC hosted an Employee Appreciation Picnic for all employees of the tribe. This event had a great turn out. The employees had a lot of fun, food and fellowship. I want to thank everyone that helped plan this event. I appreciate all out employees

and the hard work that each of you do every day.

Second event was on July 2nd. The 1st annual 5k run/walk to produce was held by the Agriculture department. The turnout for this event was amazing. Over 100 people participated by running or walking. I personally did not get to attend but I heard it was great and everyone enjoyed themselves.

The third event for the weekend was the Anniversary Celebration that was held on June 30th, July 1st, 2nd and 3rd at the Thunderbird Casino in Little Axe. Thursday started with a free concert by the Belamy Brothers followed by fireworks. Friday evening was a social stomp dance and Saturday and Sunday was the Pow Wow. The weekend events ended with another firework show.

Now for some updates on some of the building projects. The roof on the building at Tecumseh Square is being demolished. After demolition, construction will begin on a new roof. This is the first phase of the renovation for the Tecumseh Square building.

The new After School building that will be located just south of Building Blocks has broken ground. This new building will have a gym, new offices and classrooms for the After School program. Hopefully soon we will have a bigger and better program for our after school children.

There are many exciting things happening here at the tribe. I like seeing the leaps we are taking to improve our tribe and the expansion of programs that we can and will soon provide for our tribal members.

LT. GOVERNOR'S REPORT

Ezra DeLodge, AST Lt. Governor



Lt. GOVERNOR
Ezra DeLodge

Tribal Members,

Please see below for department updates. If you have any questions or concerns please contact me by email ezrad@atribe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.

Maintenance:

The Maintenance staff has completed 30 work orders in the last month while staying busy mowing the campus grounds. I want to say thank you to the Maintenance and Housekeeping crews for all their hard work.

OEH:

In total for 2022 OEH has assisted Tribal members with 48 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2022, we have collected, processed, and recycled 26 bales of shredded office paper and cardboard equaling roughly 19.5 tons of recyclable waste that has been diverted from landfills.

Construction on the Youth Camp cabins, and bathroom have been complete. We are currently working with Cleveland County on a plan to construct roads and the parking lot for the dining hall at the Youth Camp. Construction of the entry gate along with the road and parking lot are expected to begin in the coming months.

We are currently finalizing the plans for the new Police Safety Center. Starr Design

Group has made some desired changes to the floor plan and design. Upon approval of the updated plan and design, we will begin advertising for bids for general contractors.

All fiscal year 2022 EPA applications have been submitted for funding. EPA also has a new program designed for recycling infrastructure that will provide much needed additional funding to help the Tribal Recycling Program, which we will be submitting an application for later in the year.

We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEH at the email or phone number listed below.

Jarrod Lloyd
OEH&E Director
jlloyd@atribe.com - (405) 214-4235

Self-Governance Department:

As I mentioned last month I am working on the Safety Transportation Plan as well as the Long Range Transportation Plan. A survey was posted on the tribal website as well as Facebook. I would like to thank those of you that took time to fill out and submit the survey. This survey will assist us in helping make our tribal routes safer. This includes safety signs, cross walks, etc. This month I have scheduled a Long Range Transportation Plan Meeting on Friday, Aug. 12th at 10am in the Multi-Purpose Bldg. The meeting is to address our transportation infrastructure within the AST service areas. If you have any questions please feel

free to reach out to me at (405)275-4030 or TwylaB@atribe.com

Land Management Program:

Land Management has done some projects like T-Square cleaning around the old Building and helping Realty with projects. We also have been help tribal members with assistance and helping Ag Department with their 5k run. We are starting to get our wood cut and split for the heating program this fall and winter. Any questions or concerns email me at cmartinez@atribe.com or 405-395-8101.

Agriculture:

The Agricultural Department hosted its first annual 5k Cross Country and Mile walk/fun run event "Running to Produce" on July 2nd, 2022. Over 100 runners and walkers braved the heat for this inaugural event. Our fastest male runner Tyler Rollette, finished the race with a time of 24:11 and our fastest female runner Channa Deer, finished the race with her time of 32:50. We would like to thank all the participants who came out for the event. We would also like to give a big thank you for every volunteer and all tribal entities that help with donations and support to make this event possible! We are excited and look forward to planning next year 5k event. Our current focus is continuing to maintain our crops and preparing for harvest for the upcoming season. If you have any questions please contact us at (405) 275-4300 EXT. 6263 or by email at agricultural@atribe.com.

Respectfully,
Lt. Governor DeLodge



SECRETARY
Alicia Miller

SECRETARY'S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!

When I was 14 years old, I recall a day trip to Wyandotte, Oklahoma, with my mother to visit Seneca Indian School. She spoke of and pointed out where buildings once stood. She recalled sitting on the front steps of the girls' dormitory watching her older brother play marbles with a group of boys across the way near the boys' dormitory, calling for him by name. She spoke of the loneliness she felt as a 6 year old girl who didn't speak English and the discipline she received at the hands of the matrons. As she told me, I remember tears welling up in my eyes, even at the age of 14, I felt an overwhelming sadness for the experiences she withstood and shared. Even to this day, when I think of her boarding school days, at Seneca and Oaks Mission School, and all of our young tribal children who were sent to boarding schools I still feel a heavy sadness.

On Saturday, July 9th, the U.S. Secretary of the Interior Deb Haaland (Laguna Pueblo) held her first visit for the Road to Healing initiative (listening sessions) in Anadarko, Oklahoma, at Riverside Indian School (established in 1871). This is after the May, 2022, release of Vol-

ume I of the Federal Indian Boarding School Initiative Investigation Report. If you have a computer, you can find it at: https://www.bia.gov/sites/default/files/dup/inline-files/bsi_investigative_report_may_2022_508.pdf. The U.S. initiative derived (and long overdue) after the June, 2021, massive unmarked grave discovery of Indian children at the Kamloops Indian Residential School in Canada. This opened the door to examine the consequences of the U.S. Indian boarding school policies and the multi-generational trauma created for our Indian people. It is Secretary Haaland's desire to address these traumatic legacies so Native peoples can grow and heal.

The investigation found that from 1819 to 1969, the federal Indian boarding school system consisted of 408 federal schools across 37 states or then territories, including 21 schools in Alaska and 7 schools in Hawaii. The investigation identified marked or unmarked burial sites at approximately 53 different schools across the school system. As the investigation continues, the Department expects the number of identified burial sites to increase. Secretary Haaland plans to visit additional sites for these listening sessions throughout the U.S.

I have to admit it was also heavy to hear their stories of those who were willing to

share. Many do not want to share and it is completely understandable. It made me think of all of those who we have lost who are not able to share what they experienced, for me it is my father, grandmother, uncles and an aunt. They shared bits and pieces of stories and I can recall some of them about Chilocco, Haskell and Pawnee. I wish I had asked more. I also still hear of unmarked graves at various locations.

There is not one family that I do not know who has been touched or affected in some way of the Indian boarding school policies of forced assimilation. I feel we need to have our own listening session of our AST people so we work towards healing our own people rather than wait - again, on the federal government think tanks to create programs for us.

I could spend hours writing this article but I prefer to have in-person dialog on this topic. Please let me know if you are willing to share your story about your boarding school experience(s). Please call my office at (405) 275-4030 and I would be more than happy to meet with you and have a discussion. Be safe and stay cool.

Si li no ke ka no la. Ne yi wa.

Alicia Miller
Tribal Secretary



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal members, family, and friends:

I hate to say it, but Summer Break is just about over and the kids will be returning to school before too long. For lots of families, these last few weeks many have wrapped up ball seasons, trips and vacations, and created lasting memories. Do not forget to coordinate with Social Services to update your child's information and submit for the clothing allowance. If

you were not aware, the Executive Committee voted to increase this line item to add an extra \$300 for the next 3 years by supplementing it with ARPA funds. So when you hear comments suggesting we forgot about the kids in the recent distribution, those rumors are false.

In other news, the Treasurer's office and Finance has had a very busy month as we have finally been able to complete the annual audit, and met with all Departments and Leadership for their Mid-Year Budget Review. I am happy to report, the Tribal programs are within the appropri-

ate limits and on schedule to complete the year as projected. That being said, as we continue to progress forward, I have reminded our EC the need to diversify and search for other types of revenue sources. There has been lots of speculation and negativity about some recent activity but each of these serve a specific purpose, beneficial to the Tribe. In my discussion with Coordinators, I've requested them to think outside the box and find ways to generate income, to assist in sustaining their programs into the future.

(Continued on Page 3A)



TREASURER’S REPORT

(Continued from Page 2A)

As an example, the Agriculture Department, which houses Livestock Program, Food Sovereignty, and Land Management, was created with the intent to utilize existing lands to produce fruit and vegetables which we could sell back to the Pantry, Title VI, and Daycare with the USDA “Farm to Table” program. Other locations would be used for grazing of livestock. The processing of steers would provide beef for these same programs. Another example is the Land Management program. Their purpose is to assist with clearing our Tribal lands to make them usable again. One does not have

to look far to locate “Indian Land”. It is easily identifiable with all the overgrowth of brush and the abundant trees. Many families do not possess the equipment to begin this process nor do they have the financial resources to pay for this extensive work.

In the last year, our members have had to live through a pandemic, a food and supply shortage, inflated costs, and the onset of a recession. By no means am I a doomsayer but I do believe in being prepared. As we have seen the recent increases, now we are also dealing with extreme heat and drought conditions. Though the Tribe can’t supplement for each member’s every need, we are making decisions for “what if this situation becomes more dire

and families can’t provide the basic necessities to feed their family”.

In representing the Tribe and having discussions with Federal and State officials, I recently have attended a few important events. I altered my schedule to go participate and listen at the “Road to Healing”, presented by the Secretary of the Interior, Deb Haaland. It was an emotional day as I heard the stories of the atrocities that occurred at Boarding Schools during the Assimilation Period. Additionally, I attended the Consultation Meeting with the Department of the Interior in Tulsa over the U.S. Supreme Court ruling of the McGirt Case. I shared our Tribe’s concerns about the extra expenses associated with the workload increase,

the fees to house those incarcerated by our Police and Court system, and more importantly, made it known about a request to fund Behavioral Health.

That is my month in a nutshell. As I conclude, I want to express my sympathies to those who have lost loved ones and ask the Creator to provide strength and comfort during your time of sorrow. Also, I would like to say “thank you” for the continued support, kind words, and advice. Should you have any questions, do not hesitate to call my office, send me an email, or schedule an appointment.

Neyiwa!
Joseph H. Blanchard

REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

I hope everyone is in good health and enjoying the outdoors with family/friends. We (EC) were real busy with activities this past month. We had an Employee Appreciation, Produce to Running, and our Annual Absentee Shawnee Tribal Pow- Wow festivities. Although it was hot, I enjoyed being around and visiting with all the tribal members. Let’s not forget that COVID 19 is still in our communities and at our Tribal facilities. The COVID 19 numbers are on the rise and if that continues, tough decisions are going have to be made. Again my prayers go out to the tribal families that are sick or have lost love ones.

Education Department;

The Education Director and I are discussing changes to the Education program applications for accounting purposes and how we can distribute ARPA

funding to supplement existing funding. In Workforce Development, we are taking applications for the HVAC Program. If you are an Absentee Shawnee Tribal member and have interest in obtaining a HVAC Journeyman license, contact the Representative Office. We have financial assistance available. We continue to advertise for the Workforce Development and Career Initiative (pilot program) in our tribal website and newspaper. The HVAC Mechanic position is still being advertised. I have hired a tribal member for a Workforce Project Coordinator to oversee the HVAC Program.

Cultural Preservation Department;

In the ANA/Language Grant, we have been approved of continued funding for the next year. We are still interviewing applicants for the Linguist/ Project Coordinator position. The Cultural Preservation Director is having discussion with ANA about the possibilities of contracting for the Linguist position and just hire a Project Coordinator. We are waiting approval from the ANA office. We still have

advertising for two Language teachers pertaining to this grant.

Gaming Commission;

The Gaming Commission continues to work with NIGC pertaining to approving our Gaming Commission Ordinance. We anticipate our Gaming Ordinance will be approved in the near future. Gaming Commission is looking at what auditing company they want to conduct their next annual audit. I continue to attend the Gaming Commission meetings.

Youth Camp;

Construction has started back up at the Youth Camp during this reporting period. Goldsby Construction Company will be the Construction Manager for Recreational Facilities projects (Phase 4). They have started the construction of playground equipment and picnic tables. Next, they will start the construction of the tennis court, basketball court, and softball field, in that order. Although, we have approval from BIA/ Southern Plains Regional Office to continue with the Youth Camp Road Project, we are in

discussions with Cleveland County in assisting the Tribe in the construction of the Youth Camp Road. This is possible due to the Inter-local Agreement we have with Cleveland County, this will save the Tribe’s BIA funding for other usage. Again, I will keep everyone informed of the progress of these projects.

As for Public Law 102-477; We, EC and certain Directors, continue our discussions with Ms. Ida Doyle, Regional AOTR. We are still waiting on the approval of grant funding to assist in the exploratory phase and list of host tribes that currently are 447 participants.

Again, if you have any questions or concerns about the programs or positions mentioned in this news article, feel free to contact my office at (405) 275-4030, Ext.6239 or by email: dewayne.wilson@astrobe.com.

Respectfully,
DeWayne Wilson
Tribal Representative

Executive Committee Members Attend Boarding School Listening Sessions



Left Photo L-R: AST Representative DeWayne Wilson; Secretary of Interior Deb Haaland; AST Treasurer Joseph Blanchard; AST Secretary Alicia Miller. Right Photo L-R: AST Treasurer Joseph Blanchard; Former US Representative Kendra Horn; AST Representative DeWayne Wilson; AST Secretary Alicia Miller.

On Saturday, July 9th, the U.S. Secretary of the Interior Deb Haaland (Laguna Pueblo) held her first stop on the Road to Healing initiative in Anadarko, at Riverside Indian School (established in 1871). The year-long tour will document the stories and testimony of boarding school survivors. The federal boarding school system included 408 schools across 37 states and territories between 1819 and 1969. Oklahoma had the greatest number of schools with 76.

FROM THE ELECTION COMMISSION:

Tribal Members: this is to inform the people of the newly elected members of the Absentee Shawnee Election Commission:

Diana Wilson, Election Commissioner

James Cody Spybuck, Jr., Deputy Commissioner

Paulette Blanchard, Election Secretary “Appointed”

Brandi Routledge-Hunt, Commission Member #1

Charlotte Lynn Ellis, Commission Member #2

Zack Smith, Alternate

Emily Longman, Alternate

The members on the Commission are all elected except for the Alternates and the Secretary. No one ran for the position of Election Secretary and the appointee will serve in that position until the next annual election according to Article 8 Section 1 of the Absentee Shawnee Constitution.

**ABSENTEE SHAWNEE ELECTION COMMISSION
OFFICIAL ELECTION RESULTS
ANNUAL ELECTION JUNE 18, 2022**

This is to announce the **OFFICIAL** results of the Annual Election held June 18, 2022 for the Absentee Shawnee Tribe of Oklahoma. This election was held on the above date pursuant to the Tribal Constitution and the Election Ordinance. All votes were counted at the Absentee Shawnee Tribal Complex.

ELECTION COMMISSION	
ELECTION COMMISSIONER	
John Al Little Axe	28 Votes
Diana Wilson	39 Votes
DEPUTY COMMISSIONER	
James Cody Spybuck, Jr.	1 Votes
ELECTION SECRETARY	
No One Filed	
COMMISSION MEMBER #1	
Brandi Routledge-Hunt	1 Votes
COMMISSION MEMBER #2	
Charlotte Ellis	1 Votes

We the Officials are responsible for declaring the above election results, do hereby claim the above statements are true and correct to the best of our knowledge.

 Acting Election Commissioner	 Acting Commission Member #1
 Acting Deputy Commissioner	 Acting Commission Member #2
 Acting Election Secretary	 Court Representative

Date: 6/24/2022

Grandmother, a Tough Mudder



When tribal member Carolyn (Snake) Duncan, from Troy, Tennessee, turned a milestone birthday, one of her fitness goals was to do another Tough Mudder fitness challenge. She set out to make that happen by participating in her second Tough Mudder recently held in Lebanon, outside of Nashville, Tennessee, on June 25th. For those who are not familiar with the Tough Mudder fitness challenge, it is more than just an event, it's a way of thinking and it's about pushing yourself to the limits and helping others to face and overcome their fears such as heights or water. The Tough Mudder is not a competition or race, it involves teamwork, group camaraderie, and having plain fun by getting down and dirty in the mud while doing the Tough Mudder challenge. Tough Mudder is the premier obstacle

course series in the world with the most innovative obstacles and more than one million participants globally to date.

ADBC Studio owner "Caroline" Duncan along with her 5-lady named Team ADBC Mindful Mudders had faithfully trained 3-days a week since February. The team's ages ranged from the decades of 30s, 40s, 50s, 60s, and 70. Caroline was the oldest, and might mention a grandparent of three grandkids. Their training regimen began with cardio work – brisk walking, doing a 5K, 6K, 7K walk/run, jump rope reps, burpees, jumping jacks; a segment of upper body and core strength training by using dumbbells, kettlebells, the Pilates Reformer, pushups, passive dead hangs, ab work, planks, and more.

"Learning to build grip strength was

key when it came to performing the passive dead hangs and pullups. We surpassed the 30-second passive hang to doing a 1-minute passive hang. It was essential for the 13 obstacle course such as the Castaway, Kiss the Mud, the Mudderhorn, and having to climb out of waves of 6-foot trench mudholes with 3-feet of slick, slippery, thick mud. Using your strength required every ounce of grit you had in you to get out of the mudholes." The Mudderhorn is a 3-story building height of cargo net designed to help overcome your fear of heights, required stepping into square ropes, and using your grip strength by using your upper body strength for pulling your body up, and then, coming down the back side was just as challenging to return to the ground. Caroline accomplished it.

Quotes from Caroline, "when it comes to exercising, age is irrelevant, if you have the commitment, drive, and determination to improve your physical health, you can change things for yourself. Exercising will add benefits to your health, and it will make a difference." You don't have to run a marathon for health benefits, but if you can walk, get up and move your body daily, make it a habit like brushing your teeth. You can help stave off many preventative diseases as high blood pressure, high cholesterol, control your weight, lower your A1C, and prevent other chronic diseases. Age is irrelevant when it comes to setting fitness goals for yourself, only you can make this happen.

Running to Produce 5K/1 Mile Fun Run



On Saturday July 2, the AST Agriculture Department held their first Running to Produce 5K/Mile Fun Run. Over 100 walkers and runners braved the heat for this inaugural event. Tyler Rolette was the fastest male with 24:11 and Channa Deer was the fastest female finished at 32:50. Norman Rice, the oldest male participant and Bea Baker, the oldest female participant were honored as well. Make plans to attend next year's race!



The Absentee Shawnee Tribe
Long-Range Transportation Plan Meeting

Location: AST Multi-Purpose Building
2029 S. Gordon Cooper Drive
Shawnee, OK 74801
405-275-4030

Date & Time: Friday, August 12th at 10:00 am.

Purpose of Meeting

In an effort to update and modernize its Tribal Transportation Program, the Absentee Shawnee Tribe (AST) is developing a long-range transportation plan (LRTP). The LRTP will allow for the inventory and analysis of transportation infrastructure within the AST transportation network and geographic service area. The LRTP identifies goals and develops strategies to address current and future land use, economic development, traffic demand, and public health, safety, and social needs (25 CFR Part 170.400 and 410).

The tribal communities and local population are the beneficiaries of tribal transportation improvements. The AST invites the members of the tribal community and various stakeholders with a vested interest to attend a public meeting to ask questions and share information. The meeting will be held at the AST Multi-Purpose Building on Friday, August 12, 2022, starting at 10 am and concluding by noon. Refreshments will be provided.

Contact Information

For further questions and to RSVP, please contact

Twyla Blanchard
Self-Governance Director
TwylaB@astribe.com
405-275-4030

Absentee Shawnee Tribe of Indians of Oklahoma
2022 Summer ARPA General Welfare Assistance

The 2022 Summer ARPA General Welfare Assistance will be for enrolled Absentee Shawnee Tribal members ages 18 and over and must have been enrolled as of June 1, 2021.

Important Dates

Program Applications (begin accepting)	Monday, June 6, 2022
In-person Elder (55+) Application Assistance	Friday, June 10, 2022
1st check mail outs to begin <i>(checks will be mailed every 2nd and 4th Friday of the month)</i>	Friday, July 8, 2022
Program End	Friday, September 30, 2022 5 pm CST

ARPA General Welfare Assistance - Program Eligibility:

- Must be enrolled member of the Absentee Shawnee Tribe of Oklahoma *(on or before June 1, 2021)*
- Must be 18 years old and over to participate *(must be 18 on or before June 1, 2021)*
- Must complete a 2022 ARPA General Welfare Assistance Program application *(one per tribal member)*
- Current CDIB card (attached with application)
- Applications **MUST BE SUBMITTED ON OR BEFORE FRIDAY, SEPTEMBER, 30, 2022 5:00 PM CST**

REQUIRED DOCUMENTS:

- Completed 2022 ARPA General Welfare Summer Assistance Application (one per tribal member)
- Copy of updated CDIB
- Adult guardianship completing on behalf of an adult AST member, must provide a legal power of attorney to accompany application

****Incomplete applications will be returned****

ARPA General Welfare Application Submission Options: NO FAXES

- By mail to AST Enrollment Department, 2025 S. Gordon Cooper Drive, Shawnee, OK 74801
- By AST website electronic application (no social media submissions)
Drop box in Bldg 1, 1st floor (outside of main reception office)
- Black drop box in front of the Police Department labeled Enrollment
- By appointment, please call ahead to schedule with AST Enrollment Department
- By email to arpahelp@astribe.com

Cultural Preservation Department

Day to day operations have continued to be carried out by each program coordinator to ensure the department as a whole continues to function properly. Following is a breakdown of each departmental program's most recent activities.



Gift Shop

The Gift Shop is open! We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building (building 6), and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center. We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m. and once a month, usually at the end of the month, in Little Axe from 9 a.m. to 3 p.m.

We still have a few remaining items on **SALE!** We have t-shirts in small, 2xl, 3xl, and 4xl, hoodies in small, polo shirts in medium, button down blouses/shirts, and shoes. The items are priced to move, so please stop by and have a look!!

We continue to look and reach out to new businesses especially Native American owned businesses and vendors in hopes of bringing in new inventory. Also, we are currently ordering new logo bearing merchandise. So, please be on the lookout for these items over the next couple of months.

If you haven't been in our store recently, please stop by either location. Maybe you will find something you cannot pass on.

Library

We are happy to announce that we have opened the library to the public! Please come in and visit. We have a wide variety of resources available for checkout, and many magazines, newspapers and journals for your reading leisure. We look forward to serving your informational needs!

THPO

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 500 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 398 projects. These projects were completed in 19 of our 25 areas of interest/states. The THPO has also taken part in 21 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases. These calls were with such Federal Agencies as Oklahoma FEMA, Mark Twain NF and the State of Missouri.

FCC/TCNS

The incoming workflow of new and modified telecommunications projects has been steady for the TCNS program. The THPO Specialist has been busy reviewing, researching and given recommendations to the telecommunications industry. Over the past month, the program has received 152 new telecommunications facility projects for review. These 152 individual projects will be completed in conjunction with 13 consulting firms in 10 of our 25 areas of interest/states.

In conjunction with receiving projects, the program has reviewed, researched and gave recommendation for the clearance of 107 telecommunications projects. These 107 individual projects were completed in conjunction with 12 consulting firms in 10 of our 25 areas of interest/states. Also, 32 projects are awaiting clearance because their packages are lacking some information such as full archaeological reports, SHPO responses, or clear pictures.

EVENTS

At the current time, we have no scheduled events, but we are in the planning stages. We are also looking at dates for follow-up workshops. Please be on the look-out for announcements on the website and Facebook.

Your concerns are important to us. We thank you for the continued support of our department as we continue to make changes to our programs to better serve the Tribal community. Please feel free to contact me, Carol Butler, at 405-275-4030 ext. 6245 or cbutler@astribe.com if you have any questions or concerns.

New National Maternal Mental Health Hotline

The new National Maternal Mental Health Hotline provides 24/7, free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones. The service is available via phone and text in English or Spanish.

Call or text, 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline.

Pregnancy and a new baby can bring a range of emotions. In fact, many women feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born. For many women, these feelings go away on their own. But for some women, these emotions are more serious and may stay for months.

The National Maternal Mental Health Hotline's counselors provide real-time emotional support, encouragement, information, and referrals. Pregnant and postpartum women can get the help and resources they need, when they need it.

Are you a new parent and feeling sad, worried, overwhelmed, or concerned that you aren't good enough? You aren't alone. You aren't to blame. With help, you can feel better. **Call or text, 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline.** Learn more at www.MCHB.HRSA.gov/national-maternal-mental-health-hotline

Is it the baby blues or something more?



**For Support, Understanding, and Resources,
CALL OR TEXT 1-833-9-HELP4MOMS
1-833-943-5746**

Free - Confidential - Available 24/7



**Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 878-0633
Fax: (405) 878-0156**

Building Blocks II

Building Blocks has 52 children enrolled in our center at this time. If you are interested in putting your child in our center please call to inquire about openings and our waiting list. We are accepting waiting list applications for all of our classrooms. We can email you a waiting list application or you may stop by to pick one up.

The weather is hot and summer is here. The children are playing on our splash pad on their classes set day of the week. The 4 & 5 year olds are going on many field trips including Shawnee Splash and local Splash Pads. They are having a blast!



Hope everyone had a safe holiday. Our classes made 4th of July shirts (below). Building Blocks will be closed for Absentee Shawnee Day on Monday, August 8th, 2022.



Building Blocks is excited to finally have our New Playgrounds being installed. They are currently replacing the play structures on our big playground. Many days of work are ahead until the playgrounds are complete.



Stay cool and have an Awesome August!

**Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
16051 Little Axe Dr.
Norman, OK 73026
(405) 360-2710
Fax: (405) 360-2726**

Building Blocks III

We are open to the public and ONLY accepting waitlist applications at this time. If you are interested in your child attending Building Blocks Child Development Center III, please call (405) 360-2710.

As summer break comes to a close and the new school year approaches, our center has loved every minute of summer 2022. Our students have enjoyed water play days, field trips, and learning how to be successful gardeners!

You can find us on Facebook @ AST Building Blocks Child Development Center III-Little Axe Page to see all the latest updates.

Our center will be closed August 8th, 2022 for AST day.

Please enjoy the moments we captured this month.



Central Tribes Shawnee Area, Inc. (CTSA HEAD START)			
Administrative Office 1535 N. McKinley Shawnee, OK 74801 P: (405) 275-4870 F: (405) 275-9684	Little Feet Big Steps 806 E. Grant Shawnee, OK 74801 P: (405) 878-5820 F: (405) 275-9684	Early Bird Head Start 111 W. Vine Cushing, OK 74023 P: (918) 225-1029 F: (918) 225-9969	Yellow Earth Learning Center 920884 S. HWY 99 Stroud, OK 74079 P: (918) 968-9445 F: (918) 968-1763

CTSA Head Start/Early Head Start/CCDF Now Enrolling Children!!!

It is CTSA's mission to provide the foundation for the development of all children from birth to five years of age, and to help support their families' efforts in the development process. CTSA will strive for excellence to ensure school readiness, help create basic life skills success, and build strong partnerships with each individual child and family throughout each community.

Parents and Guardians...

Little Feet → Big Steps is enrolling **NOW** for the 2022-2023 School Year!!!!



Early Head Start ~ Birth to 3 year olds
Head Start ~ 3 year olds – 5 year olds
Child Care ~ Birth to 5 year olds

At CTSA, our goal is to meet the individual needs of ALL of our children – especially those with disabilities. We offer a fun and exciting programs for your children to learn and grow!

Our qualified and dedicated teachers and staff provide rich learning environments at our centers, where families and friends are encouraged to volunteer and spend time with their child.

If you have a child or know of a child that would benefit from an interactive, engaging, stable, and safe learning environment – **please call today!!!**

We look forward to sharing your child's learning years with you!!

Little Feet → Big Steps
806 E. Grant St
Shawnee, OK 74801
Ph: (405) 878-5820

Head Start → Ages: 3-5
Early Head Start → Ages: Birth to 3



Extended Day Child Care available to those who qualify



Contact

Administration for Enrollment Questions
Ph: (405) 275-4870
melaniew@ctsahheadstart.org

Head Start (HS) programs prepare America's most vulnerable young children to succeed in school and in life beyond school. To achieve this, Head Start programs deliver services to children and families in core areas of early learning, health, and family well-being while engaging parents as partners every step of the way. 3y to 5y olds

Early Head Start (EHS) programs were designed to nurture healthy attachments between parent and child (and child and caregiver). Services encompass the full range of family needs by focusing on intensive comprehensive child development and family support services to low-income infants and toddlers and their families. Birth up to 3 yrs old.



Our Locations

Little Feet Big Steps
806 E Grant
Shawnee, OK 74801
405-878-5820

Yellow Earth Learning Center
920884 S Hwy 99
Stroud, OK 74079
918-968-9445

* We are hiring for multiple positions!
HS → Ages: 3-5
EHS → Ages: Birth up to 3
* Child Care is available to those who qualify*

HS → Ages: 3-5
Child Care Room → Ages: Birth up to 3
* Child Care is available to those who qualify*

Early Bird Head Start
111 W. Vine
Cushing, OK 74023
918-225-1029
HS Only → Ages: 3-5

Congratulations!



Cullen Ryan

Happy Birthday and Congratulations for receiving your Master of Science Degree in Global Energy Management from University of Colorado - Denver.

With love,
Mom and Dad

CAMP NIKOTI SUMMER CAMP 2022

Camp Nikoti 2022 summer leadership camp was another great success. We had 33 youth attend this year. Camp Nikoti was open to youth ages 10-14 and any youth that attended the Camp Nikoti Afterschool program in Little Axe this past school year. We started camp on June 14th and ended camp on July 15th. Our youth participated in all kinds of activities such as playing games, team building, arts and crafts, singing, gardening, cooking, prevention activities, cultural activities and more. We took the youth to Lake Wewoka twice to swim, the Zoo, the Movies, Bowling, the University of Oklahoma: College of Education, and to Six Flags over Texas in Arlington. We also held two Friday night events during camp where youth came and hung out to watch movies, play, and eat. We would like to thank all the departments from the tribe that came out to help support, present, and do activities with our youth like the AST Police Department, Diabetes and Wellness, Jayden Watson and OKTEP, MSPI, Native Connections, T.O.R., Behavioral Health, AST Housing Authority, Education Department, and OEH.



AST CCDF PROGRAMS

AFTER SCHOOL PROGRAM

LEARN, EXPLORE & GROW.

GRADES K-6
AGES 6-12

NOW ACCEPTING WAITLIST APPLICATIONS FOR FALL 2022! (LIMITED SPACES)

TO REQUEST A APPLICATION PLEASE EMAIL: ASTCHILDCARE@ASTRIBE.COM

FOR MORE INFORMATION CALL US AT (405) 445-6000 OR VISIT WWW.ASTRIBE.COM

WHAT WE OFFER:

- HOMEWORK HELP
- TUTORING
- SNACKS
- CULTURAL ACTIVITIES
- MENTORING
- GAMES

Now Hiring

JOIN OUR TEAM!

- * 100% EMPLOYEE PAID BENEFITS
 - MEDICAL
 - DENTAL
 - VISION
- * PAID WEEKLY
- * BASE SUPPLEMENT INCENTIVE
- * SIGN ON BONUS
- * ATTENDANCE INCENTIVE

TO APPLY PLEASE VISIT: playthunderbird.com

THUNDERBIRD CASINO

NORMAN | SHAWNEE



ABSSENTEE SHAWNEE TRIBE

OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

AST Complex – (405) 275-4030	Toll Free - 800-256-3341
All Nations Bank.....(405) 273-0202	
Brendle Corner.....(405) 447-3372	
Building Blocks.....(405) 878-0633	
Building Blocks III LA.....(405) 360-2710	
Court.....(405) 481-8575	
Domestic Violence.....(405) 273-2888	
Enrollment.....(405) 481-8650	
Food Pantry.....(405) 481-8640	
Gaming Commission.....(405) 360-9270 x1110	
Housing Authority.....(405) 275-1050	
Human Resources.....(405) 275-1468	
ICW.....(405) 395-4490	
Media.....(405) 598-1279	
OEH/OEP.....(405) 214-4235	
Police.....(405) 275-3200/275-3432	
Social Services.....(405) 878-4723	
Tax Commission.....(405) 481-8600	
Thunderbird Casino Norman.....(405) 360-9270	
Thunderbird Casino Shawnee.....(405) 273-2679	
Tribal Store Little Axe.....(405) 364-0668	

**The Absentee Shawnee Complex will be Closed
Monday, August 8, 2022
For AST Day**

AllNations Bank

AllNations Bank announces added benefits for Absentee Shawnee Tribe members!!

Last year we partnered with the Oklahoma Native Assets Coalition, Inc. (ONAC) to establish the **Simply Safe Account**. This account makes banking accessible to everyone. AllNations Bank was the first Native American owned bank to offer this account, a certified Bank On account by The Cities for Financial Empowerment Fund. **Simply Safe Account** features are listed below:

- A debit card that honors the Absentee Shawnee Tribe – issued to AST members.



- Low balance to open
- Low monthly fee (**Fee is now waived for AST members**)
- Free direct deposit
- Free debit card
- Free online banking, bill pay & mobile app
- Free online monthly statement (\$2.00 fee for a paper statement)
- No overdraft fee (This is a check-less account. Account transactions are limited to Withdrawals at the Teller Window, Debit Card and ATM transactions, Online Bill Pay, Online or Mobile banking transfers.)

For any other questions about the **Simply Safe Account** features and benefits, please call AllNations Bank at 405-273-0202. Or go to our website www.anbok.com to download a new account application form and start banking with your **Simply Safe Account** today!



2023 Gordon Cooper Drive
Shawnee, OK 74801
FDIC Insured



107 North Kimberly
Shawnee, OK 74801
Phone (405) 273-1050
Website www.ashousingauthority.com

2022 Housing Programs

Low Rent

Lease to Own

Safe Shelter Housing

College Housing Rental Assistance

Down Payment Assistance

Home Rehab Assistance

Rental & Lease to Own for Over-Income

Tiny Home Purchase Program

Please visit our website or contact our office for further details on program requirements.



ASTHS August 2022 Monthly Update

The Importance of Immunization

Get back on track with routine vaccinations and check-ups this month for you and your family! August is the CDC National Immunization Awareness Month (NIAM), and this annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccinations. Why vaccinate? On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages. As your children head back to school this fall, it's particularly important for you to work with your child's doctor or nurse to make sure they get caught up on missed well-child visits and other recommended vaccines. Vaccines protect against diseases, and different types of vaccines work in different ways to offer protection. With all types of vaccines, your body will remember how to fight that virus in the future. It typically takes a few weeks after vaccination for the body to build up that protection. Strengthening your baby's immune system is important. Immunity is the body's way of preventing disease. Your baby's immune system is not fully developed at birth, which can put your baby at a greater risk for infection. Vaccines reduce your child's risk of infection by working with the body's natural defenses to help safely develop protection against disease. Today's vaccines use only the ingredients they need to be as safe and effective as possible. All ingredients of vaccines play necessary roles either in making the vaccine, triggering the body to develop immunity, or in ensuring that the final product is safe and effective. Some of these include:

- Adjuvants help boost the body's response to a vaccination. (Also found in antacids, buffered aspirin, antiperspirants, etc.).
- Stabilizers help keep a vaccine effective after it is manufactured. (Also found in foods such as Jell-O® and resides in the body naturally).
- Formaldehyde is used to prevent contamination by bacteria during the vaccine manufacturing process. It resides in body naturally (more in body than vaccines); it is also found in the environment, preservatives, and household products).
- Thimerosal is also used during the manufacturing process but is no longer an ingredient in any vaccine except multi-dose vials of the flu vaccine. Single dose vials of the flu vaccine are available as an alternative. No reputable scientific studies have found an association between thimerosal in vaccines and autism.

Remember to take care of yourself to as well! Make sure to receive any vaccines you need to stay healthy while you are taking care of your children and grandchildren. August is also a critical time for those who are eligible to get vaccinated against COVID-19 or to receive your booster vaccination. During NIAM, the AST Health System will be sharing information and resources on social media to highlight the importance of vaccines. Help us spread the word!

Please join us in congratulating our August Monthly Employee Award Winners this month! We are proud of all of our professionals and team players, for all they do daily to make our programs succeed and take care of our patients!

August 2022 Health Employee Awards of the Month

Employee of the Month: John Kammerzell, AST Health System's Facilities Manager

Team of the Month: AST Health System's E.H.R. Team

Special Leadership Award: Dasha Johnson, MSN, RN, AST Health System's Director of Nursing

Mark E. Rogers, MAL, FACHE, CMPE, CHC
Executive Director, AST Health System

BRAIN AWARENESS

July 18—July 29, 2022 was **Brain Awareness Week**

While we have passed that, it is never too late to discuss a healthy brain!!

BRAIN SCIENCE

The brain is one of the largest and most complex organs in the human body. It is made up of more than 100 billion nerves that communicate in trillions of connections called synapses. The brain is made up of many specialized areas that work together. The cortex is the outermost layer of brain cells.

It is 3 pounds of remarkable matter!!

"When your brain doesn't receive the right nutrients, it literally starts to starve. And that's when you start to suffer those embarrassing senior moments. You might forget people's names, walk into a room and forget why you're there, or even get lost driving to familiar places."

Did you know?--the best brain foods are the same ones that protect your heart and blood vessels. This is a two-in-one advantage in more than one way. The best brain food includes:

- Green, leafy vegetables—Research suggests these plant-based foods may help slow cognitive decline.
- Fatty fish—Try eating fish at least twice a week, but choose fish such as salmon, cod, or canned light tuna. If you are not a fan of fish, like me, ask your doctor about taking an omega-3 supplement or choose terrestrial omega-3 sources such as flaxseeds, avocados and walnuts.
- Berries—A study done by researchers at Harvard's Brigham and Women's Hospital found that women who consumed two or more servings of strawberries and blueberries each week delayed memory decline by up to two-and-a-half years.

- Tea and coffee—Caffeine is the key reason why coffee boosts brain function. Studies have indicated that coffee and tea may reduce risk of stroke and dementia. So, if you enjoy a cup of joe it just might be providing a few brain-boosting benefits.
- Walnuts—Nuts are excellent sources of protein and healthy fats, and one type of nut in particular might also improve memory. A 2015 study from UCLA linked higher walnut consumption to improved cognitive test scores. Walnuts are high in a type of omega-3 fatty acid and that's good for both the heart and brain.

Your brain is the most important organ in your body. So maintaining a healthy brain during your life should be a primary goal in pursuit of health and longevity. As individuals age, the challenges for preservation of brain health increase, so it is vital to understand what brain health is and why it is important. This article is the first of a series that aims to define brain health and provide information about major neurological disorders. Stay tuned for more in coming articles.

Atheda Fletcher
Principal Investigator
Alzheimer's Disease Program Initiative Grant



UPDATED PHARMACY MAIL POLICIES



Please be advised:

It is solely the responsibility of the patient to confirm the desired shipping address for mailing of any medication from our Health System Pharmacies. Failure to do so may result in shipping delays.

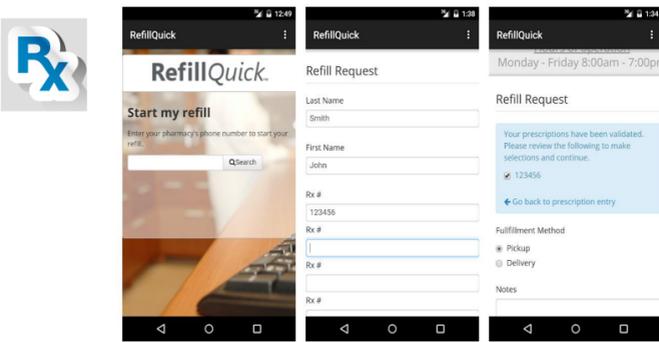
Please ensure all address changes are made directly with the pharmacy staff regardless of any changes made elsewhere in the health system. Not all systems communicate with each other if changes are made.

As our clinics continue to grow and mail volume increases, the above policies will help ensure you continue to receive prompt and accurate mail delivery of your prescription medications. We appreciate your anticipated assistance in this matter.

Thank you!

REFILLQUICK APP STEP BY STEP INSTRUCTIONS

1. Download the RefillQuick App on your Apple or Android device
2. Open the app and enter your preferred pharmacy phone number, this will be saved as your default pharmacy in the future: LAHC 405.292.9530 Shawnee Clinic 405.878.5859
3. Enter your information in the refill request boxes and submit
4. Once submitted you will see a prescription validation message. If you do not see this check your prescription numbers and for correct spelling of name



**For a "Pocket Profile" (list of all your medications) please request this verbally to our pharmacy staff.

National Immunization Awareness Month

By Emily Earnest

August is National Immunization Awareness month. It is an annual observance to highlight the importance of vaccination for people of all ages. On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, children are at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough. The main risks associated with getting vaccines are side effects, which are almost always mild (redness and swelling at the injection site) and go away within a few days. Serious side effects after vaccination, such as a severe allergic reaction, are very rare and doctors and clinic staff are trained to deal with them. The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children. The only exceptions to this are cases in which a child has a serious chronic medical condition like cancer or a disease that weakens the immune system, or has had a severe allergic reaction to a previous vaccine dose. Children receive vaccinations early because they are susceptible to diseases at a young age.

It is important to stay up to date with vaccines before and during pregnancy. You can pass along immunity that will help protect your baby from some diseases during the first few months and after birth. Vaccines given before pregnancy may also help protect you from serious disease while you are pregnant, including rubella, which can cause miscarriages and birth defects.

There are recommended shots into adulthood. Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different disease as an adult. Everyone should get a flu vaccine yearly, unless contraindicated, before the end of October. Because influenza viruses are constantly changing and the body's immune response declines over time, everyone over the age of 6 months needs a yearly flu shot. Adults need a tetanus, diphtheria, and pertussis shots every 10 years. Healthy adults over the age of 50 should get a shingles shot. Adults 65 years and older need a pneumonia shot. It is also recommended that everyone ages 6 months and older receive the COVID-19 vaccine. You are considered up to date with your COVID-19 vaccines when you have received all doses in the primary series and all boosters recommended for you.

Vaccines are one of the safest ways to protect your health. It is important for everyone to help prevent the spread of disease. If you can avoid getting sick, you will have more time for your family, friends, and hobbies. Getting recommended vaccines can give you some peace of mind. You will have the best possible protection available against a number of serious diseases.

HOSTED BY THE ABSENTEE SHAWNEE TRIBE'S NATIVE CONNECTIONS GRANT

INTERTRIBAL YOUTH ADVISORY BOARD

A way for **YOUR** voice to be heard in your community!

WE MEET EVERY FRIDAY AT 4:00PM VIA GOTOMEETING

LEADERSHIP OPPORTUNITIES, COMMUNITY SERVICE PROJECTS, MAKE CONNECTIONS, & MORE!

Fill out the interest form to join: <https://rb.gy/e7brej>



FOR MORE INFORMATION CONTACT ANGELA GONZALEZ (NATIVE CONNECTIONS COORDINATOR) AT AGONZALEZ@ASTRIBE.COM OR 405.561.7811.



Working Together to Serve Our Veteran Warriors

VA Healthcare Services at ASTHS

- ✓ Primary Care Medical Services
- ✓ Behavioral Health Services
- ✓ Service-Connected Disabilities
- ✓ Dental Services
- ✓ Vision Services

VA disability assessments and re-assessment exams and VA Compensation and Pension Exams must be scheduled at a VA facility.

Did You Know?

American Indian and Alaska Native Veterans now have increased health care options through reimbursement sharing agreements with the VA, and you can choose to seek care through VA or through the ASTHS Tribal Health System for your VA healthcare needs? These agreements mean more resources are available to support the collective health and wellness of tribal veterans.

VA Benefits

ASTHS Patient Benefit Advocates and our local area VA Native American Nurse Navigator can help tribal veterans navigate VA benefits for which they may be eligible, such as health benefits, disability, pension, education and training, NA housing loans, survivors' benefits, and more.

OKC VA Native American Nurse Navigator:
405.456.3808
Apply for VA Health Benefits:
800.827.1000
Apply for VA Benefits:
855.488.8441
www.va.gov

Little Axe Health Center
405.447.0300

Shawnee Clinic
405.878.5850



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.
www.asthealth.org



Let your voice be heard.

Ne-Hi-Ki-Wa-Sa-Pa. *We listen.*

It is our mission to provide quality health care. To do this, we need some help from you. Share your needs, concerns and care experiences. Call patient advocate Jim Robertson at 405.447.0300 or Customer Service at 405.701.7623. Complete a Patient Questionnaire in one of our clinics or online.

Together, we will fulfill our mission.



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



WWW.ASTHEALTH.ORG



Help Yourself, Help Your Tribe

SEE IF YOU QUALIFY FOR A \$0 COST HEALTH PLAN AT **NO COST** TO YOU OR YOUR TRIBE

Special Enrollment Periods

Did You Know?

The Tribe is only funded approximately 40% of cost to render care to patients? Most people think it is funded 100%.
To add services, equipment, or help more people, we need your assistance.

By signing up for a zero cost plan, you allow the tribe to bill for services and to be reimbursed by insurance companies. This frees up more dollars to help those who are not eligible for a zero cost plan helping Purchased Referred Care dollars go further.



Contact a Patient Benefit Advocate
Little Axe Health Center 405.447.0300
Shawnee Clinic 405.878.5850



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



Absentee Shawnee Tribe of Indians of Oklahoma
 2025 South Gordon Cooper Drive
 Shawnee, Oklahoma 74801-0381

Title VI
 Elderly Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WEINERS & KRAUT GREENBEANS BREAD FRUIT COCKTAIL	2 STEAK FINGERS MASHED POT/GRAVY TURNIP GREENS JELL-O	3 CHEF SALAD CHICKEN, EGGS, CHEESE CRACKERS YOGURT	4 HAM CAULIFLOWER ROLL COBBLER	5 OATMEAL CINNAMON RAISIN BREAD
8 AST DAY COMPLEX WILL BE CLOSED	9 COLD CUT SANDWICH LTOP BAKED CHIPS ORANGE	10 TAMALE REFRIED BEANS SPANISH RICE TOSSED SALAD*	11 CHICKEN BROCCOLI CASSEROLE BEETS ROLL/PEARS	12 FRENCH TOAST SAUSAGE PATTIES PINEAPPLES
15 PORK CHOP MAC & TOM GREEN BEANS APRICOTS	16 GRILLED CHEZ SANDWICH VEGGIE SOUP PEACHES	17 BEEF TIPS & NOODLES VEGGIES ROLL MANDARIN ORANGES	18 GRILLED CHICKEN SANDWICH CUCUMBER, TOMATO, ONION SALAD	19 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
22 BEEF PEPPERED STEAK COLESLAW BREAD PEAR	23 CHICKEN STRIPS MASHED POT/GRAVY BRUSSEL SPROUTS MANDARIN ORANGES	24 TURKEY & SWISS ON RYE BAKED CHIPS FRUIT	25 BAKED POTATO HAM, CHEZ, ONIONS BROCCOLI N CHEZ PUDDING	26 BOILED EGG HAM TOAST APPLE SLICES
29 HOT HAM & CHESSE SANDWICH POT SALAD COOKIE	30 ROAST RED POT/CARROTS ROLL/ORANGE	31 SALMON PATTY TOSSED SALAD* PEAS & CARROTS		

MENU SUBJECT TO CHANGE

LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM
 BREAKFAST SERVED 9AM TO 11 AM

AUGUST 8, AST DAY
 NO LUNCH WILL BE SERVED OR DELIVERED

Dear Absentee Shawnee Tribal Members

For many years The Title VI Department has provided gas to mow your lawns. We are updating the guidelines. The Title VI Grant provides gas as supportive services and for us to provide supportive service you must be a participant in the Title VI Program.

Guidelines:

1. Absentee Shawnee Member
2. Must be 55 years and older
3. Must be an Title VI Member, have a current intake form on file (FY-2022)
4. Must provide Proof of Residency (utility bill – in the applicants name)
5. Handicap/Disabled
6. NO RENTAL PROPERTY WILL BE MOWED

As a Title VI Member as long as you are within the guidelines you can put in your application and turn in your applications to the Title VI Department. As stated on the application: Maintenance will only mow and weed eat applicants lawn. Maintenance will mow every two (2) weeks weather permitting. Also, the maintenance workers will not trim trees, shrubs, and will NOT move any items that are in the way of cutting your lawn.

This year we are trying to get an early start on our grass mowing list,

Any questions you can reach me at 405-275-4030 ext. 6227 or email me at dowings@astribe.com

Thomasine Owings

Thomasine Owings
 Title VI Director

AST TITLE VI
 ELDER INTAKE FORM

TODAY'S DATE _____ REFERRAL SOURCE _____

LAST NAME _____ FIRST NAME _____ MI _____

DATE OF BIRTH _____ MALE _____ FEMALE _____ VETERAN _____ YES _____ NO _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____ PHONE NUMBER _____

SINGLE _____ MARRIED _____ DIVORCED/SEPARATED _____ WIDOWED _____ WIDOWER _____

SPOUSE'S NAME _____ SPOUSE'S DATE OF BIRTH _____

NAME OF EMERGENCY CONTACT (1) _____ PHONE _____

NAME OF EMERGENCY CONTACT (2) _____ PHONE _____

PRIMARY LANGUAGE ENGLISH _____ TRIBAL _____ OTHER _____

HOUSING _____ HOUSE _____ APARTMENT _____ COMMUNITY HOUSING _____ OTHER EXPLAIN _____

COMPOSITION _____ LIVES ALONE _____ LIVES WITH SPOUSE _____ LIVES WITH FAMILY/FRIENDS _____

NUMBER IN HOUSEHOLD _____ WHO HELPS _____

HEALTH HISTORY _____ ASTHMA _____ ALZHEIMER'S _____ ARTHRITIS _____ CANCER _____ DEMINTIA _____

_____ DIABETES _____ CHRONIC PAIN _____ HEARING AID _____ CHOLESTEROL _____ BLOOD PRESSURE _____

PRIMARY TRANSPORTATION _____ Own Car _____ Friend _____ Public Trans. _____ Senior Tran's _____ Family _____

PROSTHETIC DEVICES _____ Walker/Cane _____ Wheelchair _____ Hearing Aid _____ Glasses _____ Dentures _____ None _____

ARE YOU ENROLLED WITH A DIFFERENT TITLE VI PROGRAM? _____ YES _____ NO _____

IF YES, NAME OF PROGRAM & WHERE LOCATED: _____

HEALTH CONCERNS _____

SERVICES CURRENTLY BEING RECEIVED _____

EMAIL ADDRESS _____

PROVIDE THE DATE OF YOUR VACCINATION COVID
 19 1st _____ 2nd _____
 BOOSTER _____
 Johnson & Johnson _____ FLU _____

Absentee Shawnee Tribe of Oklahoma
 Title VI Department
 2025 S Gordon Cooper Dr
 Shawnee OK 74801
 405-275-4030

CDIB # _____

Grass Mowing Application

D.O.B. _____

The Following are the requirements for this program:

1. Must be an Absentee Shawnee Member
2. Must be 55 years and older
3. Must be an Title VI Member (have a current intake form for the current year 2022)
4. Handicap/Disabled
5. Must provide Proof of Residency (utility bill must be in applicant's name)
6. NO RENTAL PROPERTY will be mowed

The Absentee Shawnee Tribe Maintenance Department will ONLY mow and weed eat applicant's lawn. Maintenance will mow every two (2) weeks, weather permitting. Also, the maintenance workers will not trim trees or shrubs.

If you have any questions, please contact Dos Owings at (405) 275-4030 ext. 6227

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ MESSAGE PHONE: _____

EMAIL: _____

FINDING DIRECTIONS TO HOME:

*DISCLAIMER

Maintenance will not move any items that are in the way of them mowing your yard so if you are able or can get some help in getting your yard cleaned, will be very much helpful in maintaining your yard.

**ABSENTEE SHAWNEE TRIBE BEHAVIORAL
 HEALTH/SASP GRANT PRESENTS**



WHITE BISON, INC.

A CULTURAL APPROACH TO PERSONAL RECOVERY
 FROM SUBSTANCE ABUSE

**IN-PERSON
 WELLBRIETY
 MEETINGS**

Facilitated by: John Soap, LPC

EVERY THURSDAY EVENING AT THE SHAWNEE COMPLEX
 MULTIPURPOSE BUILDING (2025 GORDON COOPER DR.)

BEGINNING JUNE 9TH, 2022
 5:30 - 6:30PM

FOR FURTHER INFORMATION,
 CONTACT:

Brendan (SASP Coordinator) or John
 (Facilitator/LPC) at (405) 878-4716

MEDICINE WHEEL & 12 STEPS



The medicine wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

HOW THE PROCESS WORKS

The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

FOCUS

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

- | | | |
|-----------------|---------------------|------------------------------|
| Step 1: Honesty | Step 5: Integrity | Step 9: Justice |
| Step 2: Hope | Step 6: Willingness | Step 10: Perseverance |
| Step 3: Faith | Step 7: Humility | Step 11: Spiritual Awakening |
| Step 4: Courage | Step 8: Forgiveness | Step 12: Service |

TEACHINGS OF THE MEDICINE WHEEL

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the

symbols are different depending upon the culture. The purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent. The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These are sometimes referred to as the "original instructions." These important Teachings are included in the Medicine Wheel and 12 Steps:

- | | | |
|--------------------------------------|--|--|
| 1.) 4 seasons of change | 6.) The 12 steps of recovery | 10.) Comfort Zones |
| 2.) 4 laws of change | 7.) Nature's Way: Principles, laws, and Values | 11.) The Two Thought System: Love and Fear |
| 3.) 4 directions of growth | 8.) Cycle of Life | 12.) The medicine wheel |
| 4.) 12 principles for healthy living | 9.) 8 feelings for healthy development | 13.) The laws of the unseen world. |
| 5.) Reclaiming Our Power | | |

AST HEALTH SYSTEM DIRECTORY

LITTLE AXE HEALTH CENTER..... 405-447-0300

- Administration
- Business Office
- Little Axe Dental
- Health Information Management
- Lab/X-Ray
- Optometry
- Patient Benefit Advocates
- Primary Care
- Public Health
- Security
- Electronic Health Record
- Physical Therapy
- Behavioral Health..... 405-701-7987
- Little Axe Purchased Referred Care 405-701-7951
- Diabetes & Wellness 405-701-7977
- Pharmacy 405-292-9530
- CompleteCare Home Health..... 405-701-7085
- Transportation..... 405-701-7603

SHAWNEE CLINIC 405-878-5850 OR 877-878-4702 TOLL FREE

- Administration
- Business Office
- Health Information Management
- Lab/X-Ray
- Patient Benefit Advocates
- Contract Health
- Physical Therapy
- Primary Care
- Public Health
- Behavioral Health..... 405-878-4716
- Diabetes & Wellness 405-701-7977
- Pharmacy 405-878-5859 OR 866-742-4977 TOLL FREE
- Transportation..... 405-701-7603

PLUSCARE 405-447-0477

GENERAL

- AST Resource Center..... 405-364-7298
- Corporate Compliance Hotline..... 405-701-7135
- Patient Advocate 405-701-7623
- AST Tribal Complex 405-275-4030
- AST Tribal Police 405-275-3200
- AST Housing 405-273-1050

EVERY DAY, APPROXIMATELY **130** AMERICANS DIE BY SUICIDE
 THAT AMOUNTS TO **ONE DEATH BY SUICIDE EVERY 11 MINUTES**

The Absentee Shawnee Tribe's Native Connections Grant presents:



Question. Persuade. Refer.

SUICIDE PREVENTION WORKSHOP

QPR (Question, Persuade, Refer) Gatekeeper Training
FREE & VIRTUAL VIA GOTOMEETING
FIRST WED. OF EVERY MONTH 11:00AM - 12:00PM

Learn how you can make a difference in your community by questioning, persuading, and referring someone to help!

To register for the next one-hour virtual QPR training session, complete the form at <https://rb.gy/8wkt0m>



For more information, please contact Angela Gonzalez, Native Connections Coordinator, at agonzalez@atribe.com or (405) 561-7811.



YOU MAY BE ELIGIBLE FOR A \$0 COST HEALTH PLAN UNDER THE AMERICAN RESCUE PLAN.

Help yourself, help your tribe and see if you will qualify for coverage that will provide you and your family with immediate access to specialized healthcare at no cost to you or your tribe.



Did you know? The American Rescue Plan (ARP), recently signed into law by President Biden, increases and expands eligibility for cost-savings programs under the Affordable Care Act (ACA) in the form of premium cost assistance for individuals enrolled in Health Insurance Marketplace plans.

The premium assistance is in the form of a IRS Advance Premium Tax Credit taken in advance of the tax year, lowering or eliminating health insurance premiums for lower- and middle-income families. Signing up for a low-or-zero cost health plan allows tribes to receive reimbursement for services, which frees up more dollars to help those who are not eligible for cost-savings programs, helping Purchased Referred Care dollars go further.

Native Americans must apply for all available resources, if eligible, to help augment the cost of tribal healthcare services. Program rules and continuity of care necessitates completion of an annual application for benefits to assure services are covered, even if ASTHS patient is already insured.

TO APPLY:

Health Insurance Marketplace
www.healthcare.gov
 1.800.318.2596

WE CAN HELP

Contact a Patient Benefit Advocate
 Little Axe Health Center Shawnee Clinic
 405.447.0300 405.878.5850
www.asthealth.org



Under 65? Apply for SoonerCare Medicaid Expansion

You could be eligible for SoonerCare Medicaid Expansion benefits, which includes full-scope medical and limited comprehensive dental coverage, for adults ages 19-64 if your income falls at or below 138% of the Federal Poverty Level (FPL)—under \$18,768 per year for an individual; under \$38,304 per year for a household of 4 (Children eligible at a higher income threshold under 210% FPL). **Per Purchased Referred Care guidelines, all patients under 65 years old, whether insured or uninsured, must apply for SoonerCare to help augment the cost of tribal healthcare services.** Help yourself, help your tribe and see if you and your family will qualify for state health insurance benefits at no cost to you or your tribe.

Program rules and continuity of care necessitates completion of an annual application for benefits to assure services are covered, even if ASTHS patient is already insured.

TO APPLY:

SoonerCare
www.mysoonercare.org

WE CAN HELP

Contact a Patient Benefit Advocate
 Little Axe Health Center Shawnee Clinic
 405.447.0300 405.878.5850
www.asthealth.org

